

## ABSTRACT

Described here are systems for regulating the temperature of a heating or cooling device using a non-electric controller and non-electric controllers therefor. In general, the systems described here comprise a heating or cooling device and a controller, or a heating or cooling device and a fluid circuit. The heating or cooling device typically comprises a cold region and a hot region, there being a temperature difference between the two, and an input of constant energy. The controllers are configured to be placed in thermal contact with at least a portion of the cold region and at least a portion of the hot region, and are configured to create a path for heat exchange between the portions of the contacted hot and cold regions. The heat exchanged may be controlled and the temperature of the system may be user adjustable, or it may be automatically controlled.